

# Insurance Questionnaire / Medical Release

Company \_\_\_\_\_ Policy Number \_\_\_\_\_ Phone \_\_\_\_\_

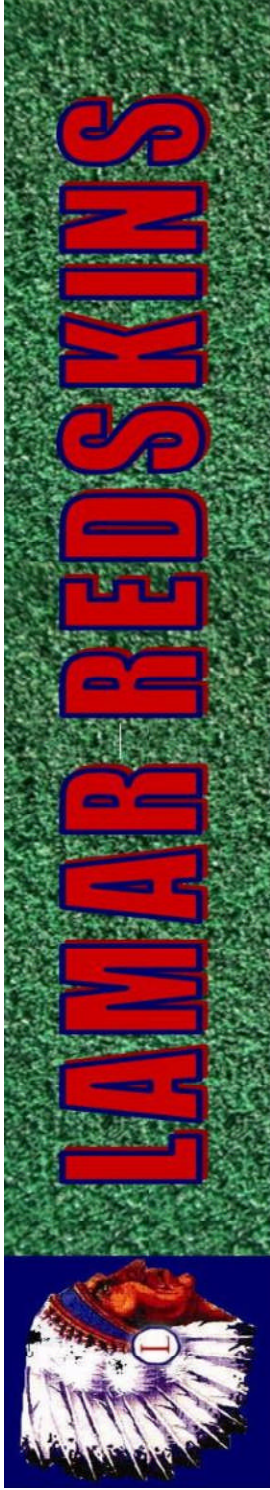
In case of emergency contact \_\_\_\_\_ Emergency Number \_\_\_\_\_

Camper's Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Home Phone \_\_\_\_\_

In the event that my daughter is injured or becomes ill while attending the 2009 Lamar High School Volleyball Camp, I give my permission for the staff to seek medical attention if deemed necessary under the existing conditions. I release Lamar High School, the coaching staff and trainers from injuries sustained during the camp. I also certify that my daughter is in good physical health and that she will notify Camp staff of any conditions that may impair her ability to participate in all camp activities.

Physician or Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_\_



## Lamar High School Volleyball Camp 2009



**July 27-30 2009  
8am - 12am  
for  
Incoming 9th graders**

**Players need to be ready to warm  
up at 7:45am**

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**Contact Coach English with any  
questions at  
skylarkmoneel3@yahoo.com**

# *Lamar Volleyball*

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Volleyball is a high intensity sports that requires a great deal of mental and physical strength.

Our camp is designed to train athletes to be a "Six Skill Player". A "Six Skill Player" is a player that has mastered:

1. Passing
2. Hitting
3. Blocking
4. Defense
5. Serving
6. Setting

This camp is designed for athletes intending on trying out to be apart of the Lamar Volleyball Program.

The camp will cover:

1. Ball Control
2. Passing lanes and movement
3. Swing Blocking
4. Jump Setting and Serving
5. Lamar Volleyball Defense
6. Lamar Volleyball Offense
7. Game Situations

**All campers must have their physical in hand the first day of camp.**

## **Lamar High School 2009 Volleyball Camp Registration**

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

Grade Fall 2009 \_\_\_\_\_ Cell Phone \_\_\_\_\_

**Make Checks payable to: Lamar Volleyball in the amount of \$30.00**

**Turn in to by July 20, 2009**